

The magazine for Macmillan supporters

Autumn 2010

# mac news

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WE ARE  
MACMILLAN.  
CANCER SUPPORT

WE'RE  
HERE  
FOR YOU

## Get in touch

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If you've changed address, or no longer want to receive Mac News, please write to Supporter Services, Macmillan Cancer Support, 89 Albert Embankment, London SE1 7UQ or call **020 7840 4900**.

Keep our card somewhere handy. Or pass it on to someone you know who might benefit from our support.

Need information about cancer? Looking for benefits advice? Want support, or just a chat? Call the Macmillan Support Line free on

**0808 808 00 00**

Monday–Friday, 9am–8pm

[www.macmillan.org.uk](http://www.macmillan.org.uk)

Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604).

We feature real-life stories in all of our articles. Some photographs are of models.  
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When you're affected by cancer, all kinds of questions will run through your mind.

You may have a query about the treatment you're receiving, or which benefits you may be entitled to. You may need to know how to help a loved one with cancer. Or you may just want to chat. Whatever your cancer experience, our specialists can give you the information and support you need at home, over the phone.

Call the Macmillan Support Line free on **0808 808 00 00**  
(Monday–Friday, 9am–8pm)



[www.macmillan.org.uk](http://www.macmillan.org.uk)

# A view from ...



**Jamie Dundas**  
Departing Macmillan Chairman

Macmillan has been part of me since 1977, when my father got cancer. He survived that first encounter and went on to give a huge part of his life to helping Macmillan. In 1990, he suggested that I become the charity's treasurer.

I had no real idea what I was in for, and never imagined what might follow.

Twenty years later, and almost 10 of them as chairman, it's time to pass on the baton – something I do with great pride. Over the last 20 years, Macmillan's work for people with cancer has grown exponentially. No other charity can lay claim to having had such a huge

impact on improving cancer services in the UK.

As chairman, I have tried to help Macmillan grow and become more professional, while staying true to its roots and principles. We now reach significantly more people and are much more widely known, thanks to transformational branding and organisational steps. We could not have done this without being very focused and demanding

of ourselves.

But if we ever feel tempted to say, 'We are the professionals; we know best,' we should remind ourselves who is really in charge. It is people with cancer, of course, and the volunteers and donors who support them. If we keep that at the centre of all we do, Macmillan will go on from strength to strength.

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**



## Macmillan and Boots: the perfect fit

We want to give everyone in the UK the cancer information and support they need, right on their doorstep. That's why we're working in close partnership with Boots UK.

Together we've been stocking up Boots stores with Macmillan information leaflets, as well as our butterfly pin badges. And the dedicated people at Boots have been busy clocking up miles and pounds as part of their staff fundraising challenge, Miles for Macmillan.

Boots staff aim to cover 290,000 miles, one for each of the 290,000 people who are diagnosed with cancer in the UK every year. They'll be hopping,

skipping, jumping and doing all manner of things to raise awareness and funds for Macmillan – so keep your fingers crossed for them.

### In other news ...

We're currently running a pilot in various Boots stores in the Birmingham area to test how we can best work together to help people at different stages of their cancer journey. We're also developing a volunteering programme.

### Pin up

Next time you pop to Boots, keep an eye out for our cancer information leaflets. And why not bag one of our gorgeous butterfly pin badges? They come in three designs for a suggested donation of £1 and all proceeds go to Macmillan.

## Tools for schools

**We're constantly finding new ways to raise awareness of cancer among young people. That's why we've created a brand new set of interactive whiteboard resources for schools.**

Teachers can use our first class resources to help students understand cancer and its treatments and educate them about healthy lifestyles. For more details, head to [macmillan.org.uk/schools](http://macmillan.org.uk/schools)



# PARTY ANIMALS

**Happy birthday to us! On 13 June, we celebrated our 40th annual Macmillan race day at York Racecourse.**

And the icing on the cake? You raised a tasty £280,000 – money that'll help us reach even more

people affected by cancer. It's our record to date thanks to a combination of ticket and auction sales, and your generous donations.

Over the past four decades, the race day has raised more

than £5 million for Macmillan – and improved the lives of thousands of people affected by cancer. A big thanks to everyone who organised the event, attended or donated on the day.

## What you can do in ...

### two shakes of a lamb's tail

Become a fan of Macmillan on [facebook.com](https://www.facebook.com/macmillan) and spread the word to all your friends.

### five minutes

Sign up as an e-campaigner and help us push for a better deal for people with cancer.

Find out more at [macmillan.org.uk/campaigns](https://www.macmillan.org.uk/campaigns)

### your lunch hour

It's not too late to register for the World's Biggest Coffee Morning 2010. To find out more, cuppa load of our website [macmillan.org.uk/coffee](https://www.macmillan.org.uk/coffee)

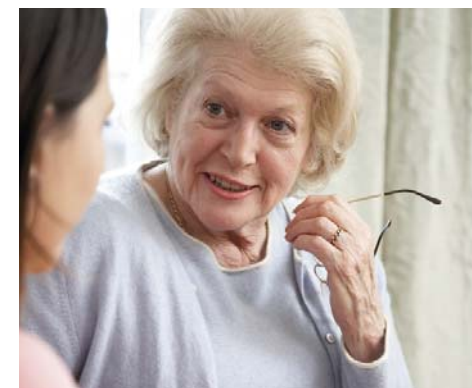
### an afternoon

Leave a legacy to Macmillan in your will and help people with cancer in the future. Download our *Easy steps guide* from [macmillan.org.uk/legacyresources](https://www.macmillan.org.uk/legacyresources) or ask our Legacy team for a copy on **0800 107 4448**.

# Health, wellbeing and happiness

**When cancer treatment ends, people often need support to ease themselves back into everyday life. They also need help dealing with the consequences of their illness, whether that's late side effects, possible recurrence or emotional issues. That's why we've launched 15 pilot Health and Wellbeing Clinics across the UK.**

At our clinics, people who've finished treatment will get the chance to talk to various professionals, including clinicians, complementary therapists and benefits advisers. They'll be able to find out all about financial support, how to get back to work, diet and lifestyle and much more. They'll also have plenty of opportunities to meet and share their



thoughts with people in a similar situation through support groups and a buddying service.

Find out more at [macmillan.org.uk/learnzone](https://www.macmillan.org.uk/learnzone)

## A digital Mac-over

**Our latest reader survey showed that many of you want a digital version of *Mac News*. We listened, put our heads together and have been working our socks off to develop one ever since.**

The digital version will have all the same content with the added bonus of videos, animation and links to our

website. It's a great way to find out how you're helping us to reach people affected by cancer. And as there's no print or postage involved, we'll be saving money and helping the planet too.

We'll let you know as soon as it's ready. Look out for more information in the next edition of *Mac News*.

# Judi Dench's coffee morning fudge



Photo: Andrew Zuckerman

Our mouthwatering World's Biggest Coffee Morning returns on Friday 24 September. This year Dame Judi Dench, actress and Macmillan supporter, will be whipping up her favourite rum and chocolate fudge. And it's bound to go down a treat at your coffee morning too.

## Preparation time

25 minutes

## Cooking time

Overnight

## Makes

30 cubes of delicious rum and chocolate fudge

## Ingredients

550g caster sugar  
550ml double cream  
75g liquid glucose  
1 tsp rum flavouring  
150g milk chocolate flavoured cake covering, melted

## Method

Line a 22cm, square, non-stick tin with baking parchment.

Pour the sugar, double cream and liquid glucose into a large pan with a heavy base. Heat slowly

together, stirring continually, until all the sugar has melted. Then bring slowly to the boil, stirring very occasionally and gently to make sure the mixture doesn't burn.

Boil your mixture gently – this may take about 20 minutes – until it reaches a temperature of 118°C on a sugar thermometer or when the mixture forms a soft ball when a little is dropped from a teaspoon into cold water.

Turn off the heat and add the rum flavouring and melted milk chocolate cake covering. Beat really well until smooth. Pour into the prepared tin. Be very careful when doing this, as the mixture

might be very hot.

Leave your fudge to set overnight in the fridge. When it's good and ready, turn it out and cut it into squares. Lovely stuff!

## Top tip

Add a handful of raisins or chopped nuts to your fudge for added scrumptiousness.



**There's still time to register for the World's Biggest Coffee Morning. Just call 0845 602 1246 or feast your eyes on [macmillan.org.uk/coffee](http://macmillan.org.uk/coffee). To find a coffee morning near you, visit our website, go to the 'find' tab and enter your postcode.**

'Macmillan is an incredible organisation, and their World's Biggest Coffee Morning is a really easy and lovely way to help them reach more people living with cancer.'

**Dame Judi Dench**





# Tackling the taboo

**Today, most cancers are no longer taboo subjects. Celebrities talk about their cancer experiences. Big businesses sponsor fundraising events for a wide range of cancer charities. People wear coloured ribbons to raise awareness of the illness. Yet there are some cancers that are still left in the shadows. Something Macmillan wants to change. Something Caroline Gurney wants to change too.**

'I never knew anal cancer existed before I was diagnosed with it,' says Caroline, who was told she had the illness in 2004. 'Most people know nothing about it. Even when Farrah Fawcett was diagnosed a few years back it was initially referred to as "cancer below the colon" before a worker at her clinic revealed what it actually was.'

### **A completely different world**

'Thankfully, when I looked online for information about my cancer and treatment for it, I found lots of helpful stuff on the Cancerbackup website [now part of [macmillan.org.uk](http://macmillan.org.uk)]. That really helped. But what was the greatest support was being able to pop into the Macmillan centre at St Mary's in Portsmouth.'

'It's a whole suite above where you go for radiotherapy and chemo,' explains Caroline. 'You just had to go up a flight of stairs and you were in a completely different world. It's where I'd usually go for a coffee and a chat when I was waiting for treatment.'

'I remember going in during my first month of treatment. My father had recently died, my son was finding it hard to cope with my illness and his friend had unexpectedly moved in with us. I told the staff at the centre that I couldn't cope. I just let it all out. But they unscrambled things and recommended a website for teenagers whose parents have cancer.'

### **Raising awareness**

Caroline says that the support group the centre introduced her to was also a great

**'Anal cancer shouldn't be a taboo subject just because of where it relates to in the body.'**

help during treatment. 'It was so nice to see friendly faces, and people who knew exactly what you were going through. Everyone was really trying to help each other. I think that's why groups like this work so well.'

Asked about her health now, years after she finished treatment, Caroline says she still experiences long-term effects. 'Because of the pelvic radiotherapy I still have the occasional painful flare-up, and I've had bowel problems ever since. I also suffer from post-cancer fatigue and had a long battle with depression because of my illness.'

'These long-term problems are one of the main reasons why I want to raise awareness of anal cancer. Also, I think it's important that people know there's a link between HPV [the virus associated with cervical cancer] and anal cancer – because a vaccine for cervical cancer is available. And although it's too soon to say whether it will prevent anal cancer, it may help.'

**More must be done**

Like Macmillan, Caroline believes far more must be done to break the silence that surrounds so-called 'embarrassing' cancers such as anal cancer. 'We should be talking a lot more about anal cancer because a growing number of people are being diagnosed with it each year. It shouldn't be a taboo subject just because of where it relates to in the body.'

**Whatever the cancer, we can help**

You can find information about anal cancer, and all other types of cancer, at [macmillan.org.uk](http://macmillan.org.uk). You can also order booklets, fact sheets and audio resources on many cancers and treatments at [be.macmillan.org.uk](http://be.macmillan.org.uk). Or if you'd

like to speak to someone about any issue regarding cancer, call one of our cancer support specialists on **0808 808 00 00**. It's free from landlines and mobile phones.

'We should be talking more about "embarrassing" cancers such as anal cancer.'

## Get the facts

- About 850 people are diagnosed with anal cancer each year in the UK.
- The most common symptoms of anal cancer are pain in and bleeding from the anus. Some people develop small, firm lumps, which may be confused with piles.
- This cancer is more likely to develop in people who've had a viral infection called the human papilloma virus (HPV).
- Anal cancer is more common in people who have a lowered immunity due to medical conditions, such as HIV.
- Cigarette smoking may increase a person's risk of developing anal cancer.

## Award-winning information

We're delighted to announce that the British Medical Association has given us no fewer than five awards for our information on cancer types and treatments. These awards were judged by patient information experts, who rated our booklets as both commended and highly-commended.

**Commended booklets**

- *Eating well after cancer treatment*

**Highly-commended booklets**

- *Exercise after cancer treatment*
- *Understanding cancer of unknown primary*
- *Understanding melanoma (1mm and over)*
- *Understanding primary liver cancer*

**New booklets**

We're constantly developing new information about cancer and its treatments.

Recently, we published the following titles that focus on life after cancer treatment:

- *Managing the late effects of breast cancer treatment*
- *Managing the late effects of bowel cancer treatment*

**Revised booklets**

Our experts have just revised the booklets below to reflect the latest developments in cancer types and treatments:

- *Understanding chemotherapy*
- *Understanding testicular cancer*
- *Understanding head and neck cancers*

Our information resources are something we're really proud of, and something you should be proud of too. After all, we wouldn't be able to produce them without the money you generously give.

**Place your order**

To order any of our information booklets and audio resources, visit [be.macmillan.org.uk](http://be.macmillan.org.uk) or call **0808 808 00 00**.



# A remarkable 100 years

We're thrilled to be celebrating our centenary next year. In the 100 years since Douglas Macmillan established the Society for the Prevention and Relief of Cancer, we've changed the way people affected by cancer are supported, changed people's perceptions of the illness and changed millions of lives. Thank you for making all of this possible. We could never have done so much without you, our incredible supporters.

## Macmillan through the years

### 1911

Douglas Macmillan establishes the Society for the Prevention and Relief of Cancer after watching his father die from the illness.



### 1930s

The Society starts to give grants for convalescent breaks, clothing, care, artificial limbs and hot water bottles.

The National Society for Cancer Relief



### 1940s

The Society decides to invest any money it receives for cancer

research into treatment and care.

### 1950s

The Society begins an 'adopt a patient' scheme, asking for regular donations to help or sponsor someone with cancer.



### 1960s

The Duchess of Kent becomes our patron, a position she holds for 36 years.

Douglas Macmillan dies of cancer, leaving a legacy that lives on and on.

### 1970s

The first Macmillan nurses work at

St Joseph's Hospice in Hackney, London.

### 1980s

The Society changes its name to the Macmillan Cancer Relief Fund to ensure people see the link to Macmillan nurses.

Macmillan publishes its first directory of organisations which can help and support people with cancer.



### 1990s

HRH The Prince of Wales becomes our patron.

Our first World's

Biggest Coffee Morning raises more than £300,000.

We open our first information and support centre in Liverpool.



### 2000s

To tackle the misconception that we're just about nurses and end-of-life care, we become Macmillan Cancer Support in 2005.

We merge with Cancerbackup in 2008, ensuring we provide the best possible cancer information and support.

We launch our new website and **0808 808 00 00** phone service, giving people easier access to the information and support they need.

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### 2011 and beyond

Today, we're the leading cancer care charity in the UK. But we're not about to rest on our laurels. In fact, we're constantly developing and expanding our services so we can support every person living with cancer, whenever they need us.

## Celebrate our centenary with us

On 28 November 2011, we're hosting a gala extravaganza at the London Palladium. You can make sure you're there with us and stars from stage and screen by reserving your ticket now. Simply contact Michelle Strömborg at [mstromborg@macmillan.org.uk](mailto:mstromborg@macmillan.org.uk). Or look out for more details about our star-studded gala on our website.





# Cancer question time

**They say a day is a long time in politics. So imagine what can happen in 19 weeks – the time since the Conservatives and Liberal Democrats joined forces and formed the new coalition government. That's why we recently made it our mission to fire some questions at the new care services minister, Paul Burstow. Here's what he had to say.**

**What will be the biggest challenges in cancer care over the next few years?**

Improving cancer survival rates is a key focus for this coalition government. Late detection of cancer is one of the main reasons why our cancer survival rates are below the European average. Over the coming months, we shall be looking at what needs to be done to achieve earlier diagnosis, in cost effective and sustainable ways.

## 'Improving cancer survival rates is a key focus for this coalition government.'

### **Who will commission cancer services in the future?**

We will give responsibility for commissioning most healthcare services to groups of GP practices, so they can shape services for their patients and decide how best to use NHS resources.

### **Will there be a new cancer plan or a refreshing of the Cancer Reform Strategy?**

We have asked Professor Sir Mike Richards, the national cancer director, to oversee the refreshing of 2007's Cancer Reform Strategy to ensure we have improved survival rates. In addition, the review will set the future direction for cancer services, aiming to enable patients to rate hospitals and doctors and make decisions about their care.

### **By 2030 there will be four million people living in the UK who have had a cancer diagnosis. What's the government doing to ensure the NHS, social services and employers can support these people?**

Through the National Cancer Survivorship Initiative, a partnership between the Department of Health and Macmillan, we are working to implement a vision for improved survivorship care

and support. This will mean people living with and beyond cancer have a personalised assessment and care plan and are empowered to manage their condition, based on their needs and preferences.

### **What are you doing to improve the experience of people nearing the end of life?**

The Department of Health's End of Life Care Strategy aims to improve care for people approaching the end of life whatever their diagnosis and wherever they are, including enabling more people to be cared for and die at home if they wish.

In July, we also announced a new review into the funding of palliative care.

### **Do you think people should have access to clinically effective drug treatments, whatever type of cancer they have?**

It is vital that patients have access to the medicines they need and that are recommended by their doctor. We will reform the way that drug companies are paid for NHS medicines, moving to a system of value-based pricing, and creating a new Cancer Drug Fund from April 2011 as an interim measure.

### **Does the government still intend to deliver one-to-one support for all people diagnosed with cancer?**

We want every cancer patient to have access to appropriate care, support and information, but it is vital that models of personal cancer care are affordable and sustainable for the NHS.

The Department of Health has commissioned research to analyse the cost effectiveness of different models of one-to-one support, and Macmillan is contributing to this work. The modelling is expected to be completed in September.

### **How important do you think it is to provide people with cancer with quality information about their illness and treatment, and the support available to them?**

We know that patients want choices about what treatments they can have, where they are treated, and how they are treated – and the key to accomplishing this is information.

We believe that the Information Prescriptions project we're working on with Macmillan and Cancer Research UK will enable everyone to get the right information, at the right time. The prescriptions will also be integral to care planning and the better management of long-term conditions.

### **What is the government doing to help people with cancer who are struggling to pay their fuel bills because of their illness?**

I understand that the Department of

Energy and Climate Change officials recently met with representatives of Macmillan, who explained some of their research and ideas on fuel poverty. The department looks forward to hearing more in the coming months and working together to make sure the most vulnerable do not go without basic essentials because they cannot afford them.

### **What role do you think Macmillan will play in supporting improvements in cancer care over the next few years?**

Macmillan has been a much-valued working partner of the Department of Health, and we look forward to working with them again in the future to drive improvements forward and improve outcomes for all people diagnosed with cancer.

'The Information Prescriptions project will enable everyone to get the right information, at the right time.'

# Not just a number

Macmillan's freephone number has a brand new name – the Macmillan Support Line. It's been 11 months since we launched this vital service. And we now receive an average of 2,000 calls every week from people needing advice on benefits and cancer care, or who just want someone to talk to. Here, we find out from the professionals what happens when you call **0808 808 00 00**.

**Gemma Peacock, Macmillan Support Line Officer**

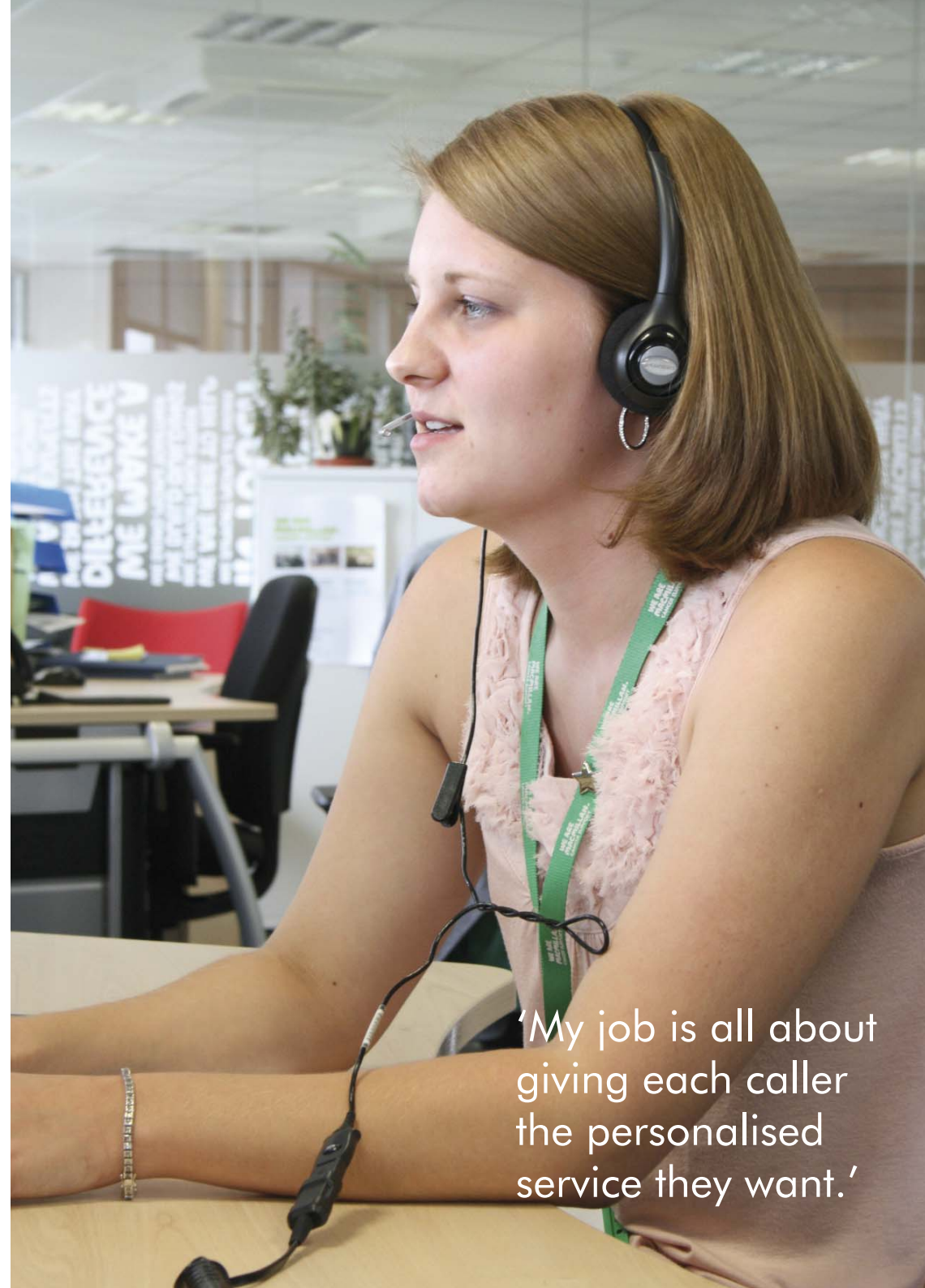
'We're at the front line, answering every call made to **0808 808 00 00**. When someone rings, we can usually help them in lots of ways. For instance, a lady called today asking about benefits. As well as advising her on this, I also talked to her about specialist equipment that might help her relative who has vulval cancer.

'Then there's the emotional support. Lots of people find it hard to speak to their friends or family about cancer, or talk as frankly as they do with us. I spoke to a man recently whose wife had died. It would have been their anniversary and he just wanted to talk to someone who

wasn't close to her and wouldn't get upset.

'If the caller needs medical or financial support, we put them through to a specialist adviser straight away. If no one is immediately available we'll arrange for someone to phone back as soon as possible.

'We now ask callers if they'd like us to put their details on file, which means we'll know who they are if they ring again. More than three quarters of the people we speak to call us back, so it's important they don't have to repeat themselves each time. Ultimately, my job is all about giving each caller the personalised service they want.'



'My job is all about giving each caller the personalised service they want.'

‘During the first six months of this year, our team identified £14.5 million of benefits for our callers.’

**Kay Hull, Cancer Information Nurse Specialist**

‘I worked as a cancer nurse for many years. So I’m qualified to help people understand their condition, and the possible effects of different types of cancer treatments and drugs.’

‘Hospitals are busy places and when someone is upset it can be hard to take in what’s being said. People often come away with lots of questions. We’re here to talk things through and support them at difficult times. If someone has a particular worry, we encourage them to go back and speak to their doctor or nurse.’

‘We can’t make a diagnosis, or tell someone what to do, but we can enable and empower them through information. This could involve sending someone a booklet about their cancer, or referring them to a website that could answer their questions – whatever it takes to give them peace of mind.’

**Kath Marsh, Welfare Rights Adviser**

‘When someone calls with money worries, I look at every possible way we can help them. During the first six months of this year our team identified £14.5 million of benefits that our callers were entitled to. We can also investigate whether there are any charitable grants that they can get such as the Macmillan Grant. And we suggest ways for people to lower their bills – for instance, by asking for a cheaper tariff from their fuel supplier.’

‘Often when people call us they’re completely overwhelmed. I had a lady who, for the first three calls, just cried. Eventually she felt able to talk and we started breaking her situation down into manageable chunks.’

‘I always tell people to keep coming back. We’re here every step of the journey. And we’ll always find a way to help.’



# Our volunteers rock

**On 17 June, seven of east London’s most vibrant music venues played host to Macmillan’s own mini festival – the Brick Lane Takeover. Local resident Michelle Etherington thought that volunteering would be the perfect way to get on the guest list.**

‘I’d noticed posters promoting the event in my neighbourhood. As I’m really into live music I wanted to get involved

and hopefully see some bands. It just sounded really exciting.

‘Although I’d never volunteered before, my grandfather had cancer and I was aware of what a brilliant job Macmillan does. I got in touch with the London Special Events team and they were really happy for me to come along.’

‘We sold tickets and gave out wristbands. And when the free lunchtime concerts started we went out with collection buckets.

People were so generous. It’s such a buzzing area anyway, but the music really drew in the crowds.’

The festival raised some £20,000 for Macmillan, with hundreds of ticket holders moving between the gig venues.

‘I had such a brilliant time. I saw some really great live bands and met so many people. Although it was a long day and I was exhausted, I stayed and partied with everyone til 3am!’

**Gemma, Kay, Kath and our other specialists are available 9am–8pm, Monday to Friday. Give them a call on 0808 808 00 00 if you have any questions about cancer or just want to chat.**



**Want to make a difference like Michelle? Then visit [macmillan.org.uk/volunteer](http://macmillan.org.uk/volunteer) to find out about our volunteering opportunities in your area.**

# Snapshots

Meet the fundraisers who stood the test of time



## A day ...

**Picture this. It's bank holiday weekend and you're in the pub. And it's open for 24 hours. Now, imagine that pub has non-stop karaoke too ...**

That's what happened when staff and regulars of the Welcome Inn, Skegness, enjoyed a 24-hour sing-off event in aid of Macmillan – the Last Man Standing.

Clare Chrysostomou, landlady of the pub, says,

'This is the second year we've done this and we must have had 2,000 people taking part. We lost my mum to brain cancer last year and wanted to do something fun and uplifting in her memory as she was such a positive person.'

Starting at 5pm on 30 May, the crooners sang Robbie Williams, Shania Twain and Boyzone all through the night. They eventually hung up the

microphone at the same time the next day.

'It was exhausting but we somehow managed to keep singing. Even my children, who are 11 and eight, stayed up all night.'

Last Man Standing raised more than £2,000 for Macmillan. And the pub is putting together a calendar to sell and make even more cash.

Find out more at [thewelcomeinn.net](http://thewelcomeinn.net)

## and a week

Regular readers of *Mac News* will probably have heard of Stuart Kettell. Famed for his madcap Macmillan fundraisers, Stuart recently spent a week in a clear plastic box suspended 25ft above Coventry city centre.

'It was more of a physical challenge than I expected,' says Stuart. 'I had a bucket that I lowered for people to give me donations and just lifting that all day was pretty tiring.'

As well as collecting money, people used the bucket to donate food and drink, along with one or two more unusual items.

'I was given a purple wig, a china cat and a copy of *Nuts* magazine. One lady even removed her bra and put that in!

'The support I got in Coventry was amazing, particularly from children. There were two or three school parties who came to see me with letters of support and drawings to keep me going.'

Stuart's project took eight months to organise and raised over £7,500 for Macmillan. And he's planning something even bigger for 2011.

Find out more at [willthemadfoolmakeit.co.uk](http://willthemadfoolmakeit.co.uk)



## What's happening in my area?

You can find out what Macmillan is doing in your area by visiting [macmillan.org.uk/inyourarea](http://macmillan.org.uk/inyourarea)

### Central and South West England

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Get organised this year – strike your Christmas cards off your list long before December comes around.

Choose from our fabulous range of Macmillan Christmas cards. And don't forget to celebrate our centenary with our 2011 calendar.

You can see our full range of Christmas goodies at [macmillan.org.uk/shop](http://macmillan.org.uk/shop) Remember – every penny will help us provide vital support to people with cancer all year round.

THERE'S NO  
TIME  
LIKE THE  
PRESENT

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# All abroad

## Mexico Cycling Challenge 26 March to 7 April 2011

El Grandisimo is Macmillan's most popular challenge. Cycling 600km cross country from the Gulf of Mexico to the Pacific Ocean is sure to leave you with a real sense of achievement. Take a sneak peek at our route at [macmillan.org.uk/mexico](http://macmillan.org.uk/mexico)

For more details or to register, email [biking@macmillan.org.uk](mailto:biking@macmillan.org.uk) or call us on 020 7840 7875.

## Paris Marathon Sunday 10 April 2011

Next spring, you could join Team Macmillan for one of Europe's most memorable marathons. Starting out on the Champs-Élysées, this is a truly spectacular run through the heart of Paris to the finish line on Avenue Foch. And forget water stops – the race will have food and drinks stations featuring wine, beer, cider and cheese. Bon appétit!

To find out more or register, visit [macmillan.org.uk/parismarathon](http://macmillan.org.uk/parismarathon) email [parismarathon@macmillan.org.uk](mailto:parismarathon@macmillan.org.uk) or call us on 020 7840 4937.





Need information about cancer? Looking for  
benefits advice? Want support, or just a chat?  
Call the **Macmillan Support Line** free on

**0808 808 00 00**

Monday-Friday, 9am-8pm  
[www.macmillan.org.uk](http://www.macmillan.org.uk)



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If undelivered please return to: Macmillan Cancer Support, PO Box 2943, Melksham SN12 6UR